

**Taco de Pescado (Fish Taco)** – adapted from [FareStart](#) recipe (FareStart provides nutritious meals to childcare centers around the Seattle area)

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Pollock, breaded rectangle, 3 oz	50 ea	100 ea	25 ea	<ol style="list-style-type: none"> <li>1. Preheat oven at 325 F.</li> <li>2. Pan out the Pollock pieces on sheet pans. Bake in the oven until lightly brown, for about 20 minutes.</li> <li>3. Shred cabbage in a food processor, chop tomatoes and cilantro. Set aside.</li> <li>4. Serve in a tortilla each 2 tablespoons of shredded cabbage and chopped tomato, one 3-oz Pollock and 2 - 2 ½ tablespoons of salsa. Top with 1 teaspoon of chopped cilantro for garnish.</li> <li>5. Serve with a lime wedge.</li> </ol> <p>❖ <b>Serve 1 taco per child</b></p>
<b>Cabbage, green, fresh§</b> , shredded	3 lb. 12 oz.	7 lb. 8 oz.	1 lb. 14 oz.	
<b>Tomato, fresh§</b> , 5x6, chopped	3 lb. 12 oz.	7 lb. 8 oz.	1 lb. 14 oz.	
<b>Cilantro, fresh§</b> , finely chopped	1 cup	2 cup	½ cup	
Salsa, mild	4 pint	8 pint	2 pint	
Tortilla, whole wheat, 10"	50 ea	100 ea	25 ea	
Lime, fresh, quartered	12 ½ ea (50 wedges)	25 ea (100 wedges)	6 ¼ ea (25 wedges)	

§WA product available when in season

Approximate preparation time: 45 min.

**Tips & Variations:**

- You can substitute half the green cabbage to **purple cabbage§** to add color to the dish.
- **Radish§** is an excellent garnish to this taco! Slice them up and throw them in!



## Taco de Pescado (Fish Taco)

### Child Nutrition Program Food Components:

- ✓ 1 grain
- ✓  $\frac{3}{8}$  meat alternative
- ✓  $\frac{1}{4}$  cup vegetable

### Nutrients Per Serving:

Calories	352 kcal
% Calories from Fat	13 %
Total Fat	8 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	31 mg
Sodium	728 mg
Total Carbohydrates	53 g
Dietary Fiber	2 g
Sugars	4 g
Protein	16 g
Vitamin A (780 IU)	20 %
Vitamin C (16 mg)	63 %
Calcium	26 %
Iron	25 %

👉 **Yams** are a family of starchy tuberous roots originating in West Africa. [ref:

"From Asparagus to Zucchini – A Guide to Cooking Farm-Fresh Seasonal Produce (3<sup>rd</sup> Edition)"] **Yams** and sweet potatoes are commonly confused with each other in the United States. This is because most of the markets label orange-colored sweet potatoes as "yams." Compared to sweet potatoes, **yams** are starchier and drier.

👉 You can substitute **yams** with **local winter squashes** (such as Acorn squash, Butternut squash, Delicata squash or Hubbard squash).

*notes*

